

## Knockout Knee Pain

**Y**ou may first feel it when attempting to bend down to pick a fallen item or it could be you experience it as morning stiffness that you feel when you first get up out of bed. But whenever it hits you [knee pain](#) will undoubtedly get your attention.

### The Good News about Knee Pain is that It Responds Well to Self Care Measures.

There are a number of factors that can put you at risk for knee discomfort. Some of them are:

- **Overweight:** If you ponder more than you should, you put more stress and pressure on your knee joints.
- As time passes this excess pressure can cause pain.
- **Overuse:** An inflammatory response can occur when a repetitive action, causes a muscle to have tired.
- This inflammatory response can damage surrounding tissue.
- This can be further compounded when you don't give the knee plenty of time to fully recover thereby making it prone to re-injury.
- **Lack of muscle strength:** Experts site lack of strength and flexibility as the leading cause of knee injury and pain.
- Weak or tight muscles offer less support for the knee joint.

**Mechanical problems:** Having misaligned knees, one leg that is shorter than the other or other architectural irregularities may contribute to knee pain.

**Previous injury:** If you have previously wounded your knee chances go up that you will injure it once again. Possibly because the knee was not given enough time to correctly heal or because the knee doesn't come back to the condition it was in prior to the injuries.

- **Age:** Some knee related conditions have an effect on young people more often than old, as an example Osgood-Schlatter disease or patellar tendonitis.
- Other conditions such as **gout** and osteoarthritis are likely to occur in older people.

*An injury to the knee make a difference any of the structures, tendons Or bursa (fluid loaded sacs with the knee) or a combination of these areas of the leg.*

### Some of the Most Common Causes of Knee Pain are:

**Bursitis** - An inflammation that comes from pressure on the knee. The pressure may be coming from repeated overuse, kneeling for long periods of time or other damage.

- **Tendonitis** - Pain that occurs in the front of the knee.
- This usually gets worse when going up and down stairs.
- This is a common injury of skiers, runners and cyclists.

*Tom ligaments or cartilage - This injury can cause severe pain as well as lack of stability of the knee joint.*

*Strain or Sprain - A minor injury to the ligaments cause by sudden or unnatural twisting.*

### Hip Problems - Could Lead You to Feel Pain in the Knee Area.

**Osteoarthritis** - a condition affecting the joints characterized by discomfort and stiffness.

“ *Gout - A metabolic disorder caused by an accumulation of **uric acid** in the joints.* ”

“ ***Treating Gout Symptoms Naturally** Treating gout symptoms naturally is much easier than you may think. There are many natural remedies out there, but here you ll discover 3 simple gout treatments that are both popular and effective. Let s get cracking...The symptoms of gout, i.e....* ”

- As mentioned above knee pain responds well in order to self care.
- Some of the things that you can do if you experience knee pain are:

*Apply ice 15 minutes at a time, initially and then about 4times a day thereafter until the pain subsides.*

### Rest and Avoid the Activities that Contributed to the Initial Injury

Elevate your leg to bring down the swelling.

### Over the Counter Medicines can Provide Pain Relieve Coming from Pain.

Sleep with a pillow below the impacted knee.

*Gentle compression, such as by having an Ace bandage may well reduce swelling and provide support*



**Knee Pain Gout Joint Pain Uric Acid Uric**

*Is not always possible to prevent leg pain but there are some things that you can do to reduce the likelihood that knee problems will occur.*

- Keep off excess weight.
- Maintaining a healthy weight will keep the knees from getting to support over they were designed to support.
- Stay flexible.
- Weak muscles make you more vulnerable to injuries of the knees.
- So do stretching exercises, daily to keep up flexibility

### Exercise Wisely

Do not exercise when you have pain or you're tired. If you have chronic injuries consider switching to be able to sports or exercise that put less stress on your joints. For instance swimming instead of basketball.

- Get good fitted shoes.
- When shoes fit inadequately we may compensate in the legs and hips, producing them to be misaligned and causing them to be prone to injury.

**Proper supplements:** There are supplements that can help the body keep the ligaments and joints lubricated, and in actual fact help rebuild cartilage.

- Like Phosoplex' is a supplement that is recommended for osteoarthritis and **joint pain**.
- It is a powerful, all natural and safe solution for joint lubrication, pain relief and the rebuilding of wholesome cartilage.

You stick to the above suggestions you will go a long way to knockout knee pain before it begins.

About the author:Stephanie McIntyre as well as Kamau Austin tend to be health and fitness enthusiasts as well as advocates. They write on a regular basis on timeless health and fitness tips at the Fit After Forty Blog. See more useful health and fitness news and tips with...<http://www.healthandfitnessvitality.com/blogs/fitnessblog.htm>.

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